



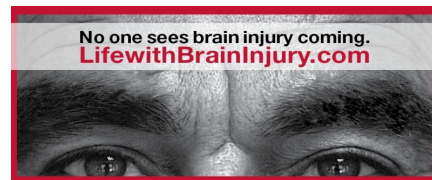
Prevention And Wellness

SCDDSN PREVENTION AND WELLNESS COMMITTEE

Welcome to the Spring 2009 Prevention and Wellness newsletter developed by South Carolina Department of Disabilities and Special Needs Prevention and Wellness Committee. The mission of SCDDSN includes assistance to "minimize the occurrence and reduce the severity of disabilities through prevention".

Statewide Public Brain Injury Awareness Campaign

Although many brain injuries are preventable, few are predictable. "Life with Brain Injury" is an awareness campaign of the South Carolina Brain Injury Leadership Council and the Brain Injury Alliance of South Carolina. It highlights the fact that most people know very little about brain injury, yet brain injury is one of the most serious health and social issues facing our country and state. Not only does brain injury "blindside" the person and their family, few people realize the extent of medical and rehabilitation care needed following an injury. Further, our state has relatively few resources to address the needs of persons with brain injury.



During the first phase of "Life with Brain Injury", billboards were placed across the state with the tagline, "At War. At Home. Brain Injury Happens." This campaign focused on servicemen and women in the Iraq and Afghanistan wars who have TBI from blast injuries, as well as the 108,000 civilian South Carolinians who have TBI following motor vehicle wrecks, falls, sports and recreation injuries, violence, and other causes.

In December 2008, the 2nd phase of the statewide public awareness campaign began. Launched with a media event featuring Ernie Irvan, a former NASCAR driver who sustained (2) TBI's during his racing career, the new billboards display the tagline "No one sees brain injury coming."

"Life with Brain Injury" is intended not only to educate, but also to motivate. Information is being disseminated through many modes of communication and is linked to opportunities to become proactively involved with the brain injury community. The campaign began with a statewide public opinion poll to survey the public's knowledge of brain injury and attitudes towards people with TBI. A follow up survey will be conducted near the end of the campaign to determine its impact. Please visit LifewithBrainInjury.com for more information.

Preventing Falls Among Older Adults

Unintentional falls are a threat to the lives, independence and health of adults ages 65 and older. Every 18 seconds, an older adult is treated in an emergency department for a fall, and every 35 minutes someone in this population dies as a result of their injuries.

Although one in three older adults falls each year in the United States, falls are not an inevitable part of aging. There are proven strategies that can reduce falls and help older adults live better and longer.

The following materials give an overview of the problem of older adult falls and how they can be prevented. These materials can be found at: www.cdc.gov/ncipc/duip/preventadultfalls.htm.

Fact Sheets

[Falls Among Older Adults: An Overview](#)

[Costs of Falls Among Older Adults](#)

[Hip Fractures Among Older Adults](#)

[Falls in Nursing Homes](#)

[CDC Fall Prevention Activities](#)

Brochures

[What YOU Can Do to Prevent Falls](#)

[Check for Safety: A Home Fall Prevention Checklist for Older Adults](#)

Posters

Four [posters](#) were developed in partnership with the CDC Foundation and MetLife Foundation. Each highlights one of four key strategies for preventing older adult falls. All are available in English, Spanish, and Chinese.

How can older adults prevent falls? Older adults can take several steps to protect their independence and reduce their risk of falling. **They can:**

- Exercise regularly;
- Ask their doctor or pharmacist to review their medicines—both prescription and over-the counter to reduce side effects and interactions;
- Have their eyes checked by an eye doctor at least once a year. Improve the lighting in their home;
- Reduce hazards in their home that can lead to falls.

Promoting and Supporting Wellness Seminars

The DDSN Prevention and Wellness Committee, with support through a grant from Eat Smart, Move More South Carolina, is offering (4) *Promoting and Supporting Wellness* seminars. These workshops are designed for direct support staff, house managers, residential directors, Individual Rehabilitation Supports staff, nurses, and others in a position to influence people with disabilities and promote positive changes.

Quality of life for people with disabilities can be enhanced when good health is supported and secondary conditions are avoided. Obesity, hypertension, diabetes, cardiovascular disease, depression, and insomnia are examples of debilitating secondary conditions which often can be prevented or ameliorated. Wellness is an active process through which people become aware of, and make choices towards, a healthier lifestyle.

These workshops will help participants learn about health conditions associated with poor diet and lack of physical activity. Participants will be informed of current practice standards related to improving nutrition and increasing physical activity. Participants will leave with an understanding of how to promote wellness in their own lives and in those of the people with disabilities they support.

Lauren Brightwell, MS, RD, LD has been a registered dietitian since 1985. In 2005, she worked closely with the York County Board of Disabilities to develop programs that resulted in improved consumer health. Lauren is an adjunct nutrition professor at Winthrop University and she also works at Rock Hill OB/GYN where she teaches diabetes prevention and management, and dietary treatment of heart disease, hypertension, and obesity.

Dates and Locations

March 27, 2009

10:00 a.m.—1:00 p.m.

Florence County Library

Meeting Room

509 S. Dargan Street

April 3, 2009

10:00 a.m.—1:00 p.m.

Midlands Center Disabilities Collaborative Training Facility

8301 Farrow Road

April 17, 2009

10:00 a.m.—1:00 p.m.

Berkley County Moncks Corner Branch Library Conference Room

1003 Highway 52

Moncks Corner, SC 29461

May 1, 2009

10:00 a.m.—1:00 p.m.

Greenville County Hughes Main Library Meeting Room A

25 Heritage Place

If you are interested in attending one of these sessions, please register with Dale McPherson. She can be reached at (803) 898–9609.

Florence County DDSN– Injury Prevention Efforts

Shaken Baby Syndrome or (SBS) is a term used to describe signs and symptoms resulting from violent shaking that impacts the head of an infant or small child. SBS robs a child of a healthy, normal life, and causes devastation among all family members- the child, victim, parents, and siblings. Parents must either cope with the death of their child or care for their severely disabled child for years. Siblings are also robbed of a normal relationship with their sister or brother. Most victims of SBS are less than 12 months old, and the majority of them are less than 6 months old. Inconsolable crying is virtually always the trigger for a parent or caregiver's loss of control and subsequent physical abuse of a child by shaking. SBS can be preventable through education.

The Florence County Disabilities and Special Needs Board recently established a ThinkFirst chapter. A shaken baby simulator doll is used to educate parents and expecting parents about the devastating effects of shaking an infant. The doll is a life-size baby with a see-through vinyl head with LED lights. The baby is shaken to simulate various stages of head trauma and is a powerful visual tool for presentations.

For more information on Shaken Baby Syndrome, please contact LaShana Shannon at the Florence County Disabilities and Special Needs Board, (843) 669-3718 ext. 303 or lashannon@fcdsn.org.



LaShana Shannon, EI, demonstrates how easily a baby can be harmed when shaken

